

DIJON PARSLEY POTATO SALAD



Yield: 4-6 servings
Source: marthastewart.com

Harvest
of the
Month™

CalFresh
1-877-410-8809



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services

INGREDIENTS:

- 1 ½ pounds red new potatoes, scrubbed and halved (quartered if large)
- 1 Tablespoon vinegar
- 1 Tablespoon Dijon mustard
- 2 Tablespoons olive oil
- ½ cup chopped fresh parsley
- Salt and ground pepper

INSTRUCTIONS:

1. Place steamer basket in a saucepan filled with 1 inch water. Bring to a gentle boil. Add potatoes. Cover, and cook just until tender, 15 to 20 minutes, tossing occasionally.
2. In a serving bowl, combine vinegar and Dijon. Add hot cooked potatoes; toss. Let cool, stirring occasionally.
3. Add oil and parsley to cooled potato mixture. Season with salt and pepper, and stir.
4. Eat and enjoy!

The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit benefitscal.com.

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